

Chefs in the City - Wexner Medical Center and OSU Extension Franklin County

Purpose

The Ohio State University Wexner Medical Center will partner with OSU Extension Franklin County to use vegetables and fruits the children grow and harvest at the Highland Youth Garden to create and demonstrate nutritious plant based-recipes at the Columbus Bilingual Academy. Through this pilot nutrition program, more than 100 families will, twice monthly, have the opportunity to learn about creating healthy meals. Both children and adults will try a broad range of produce.

Impact

Through demonstrations and teaching, participants will learn how to incorporate nutritious foods into their diets. Families will also take part in OSU Extension's Expanded Food and Nutrition Education Program.

The youth will grow vegetables, fruit, and herbs in the garden to be used for the demonstrations. Families will leave each session with recipes and fresh produce to incorporate into family cooking.

Ohio State Colleges/Units Involved

Wexner Medical Center at
The Ohio State University
College of Food, Agricultural, and
Environmental Sciences
OSU Extension Franklin County

Community Partners Involved

Mid-Ohio Foodbank
Franklinton Gardens
Children's Hunger Alliance

We anticipate this joint effort of OSU Wexner Medical Center and OSU Extension Franklin County being a model that can be replicated throughout the county.



Contact

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